

(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property Organization International Bureau



(43) International Publication Date
16 December 2004 (16.12.2004)

PCT

(10) International Publication Number
WO 2004/108223 A1

(51) International Patent Classification⁷: **A63B 22/04, 23/035**

(21) International Application Number: **PCT/NO2004/000159**

(22) International Filing Date: **4 June 2004 (04.06.2004)**

(25) Filing Language: **Norwegian**

(26) Publication Language: **English**

(30) Priority Data:

20032568	5 June 2003 (05.06.2003)	NO
20034150	17 September 2003 (17.09.2003)	NO
20034585	10 October 2003 (10.10.2003)	NO
20034754	23 October 2003 (23.10.2003)	NO
20034884	31 October 2003 (31.10.2003)	NO
20035059	13 November 2003 (13.11.2003)	NO
20040290	21 January 2004 (21.01.2004)	NO

(71) Applicant (for all designated States except US): **FLEX-IPED AS [NO/NO]; Hammersborg Torg 3, N-0179 Oslo (NO).**

(72) Inventors; and

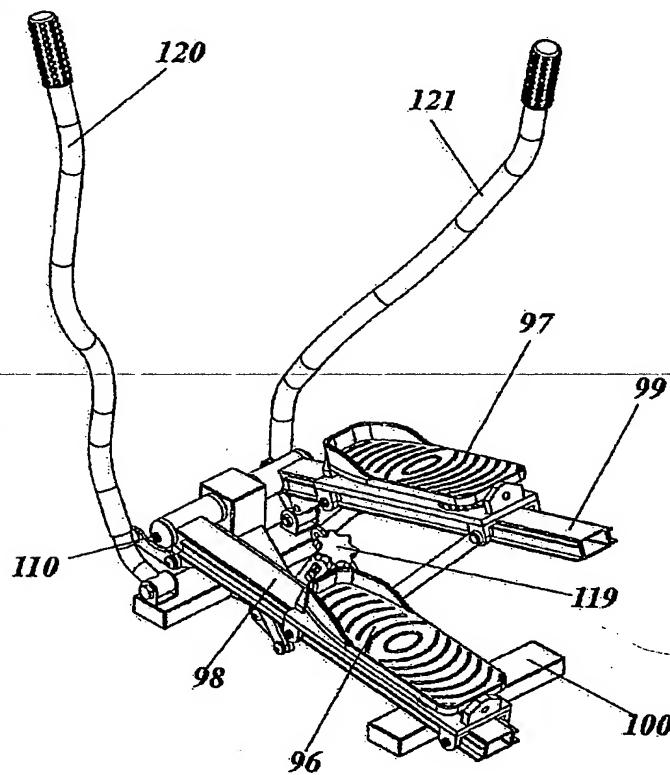
(75) Inventors/Applicants (for US only): **BADARNEH, Ziad [NO/NO]; Carl Kjelsens vei 34, N-0874 Oslo (NO). HANSEN, Benedict, J.M. [NO/NO]; Kjelsåsveien 136, N-0491 Oslo (NO). MOLLATT, Torbjørn [NO/NO]; Åsenveien 8c, N-1415 Oppegård (NO).**

(74) Agent: **LANGFELDT, Jens F.C. ANS; Zacco Norway AS, P.O.Box 765, Sentrum, N-0106 Oslo (NO).**

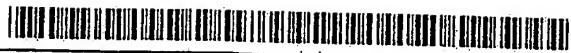
(81) Designated States (unless otherwise indicated, for every kind of national protection available): **AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EL, EG, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NA, NI, NO, NZ, OM, PG,**

[Continued on next page]

(54) Title: PHYSICAL EXERCISE APPARATUS AND FOOTREST PLATFORM FOR USE WITH THE APPARATUS



(57) Abstract: A physical exercise apparatus equipped with upwardly and downwardly movable bars on which footrest platforms are mounted, and having grip poles that are fixed or movable as part of an exercise, wherein the platforms are tiltable to both sides transverse to an axis that extends along the length of the bars. The platforms each have a tilting mechanism that is steplessly or stepwise adjustable from a locked position to a tilting function state, and the platforms have a means for engagement with a guide track and/or articulated arms that are fastened to the fitness apparatus frame, whereby the platform is caused to be slidably guidable along the bars, and that the movement is a function of the vertical movement of the bars.



PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.

SK, TR), OAPI (BF, BJ, CI, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

(84) **Designated States** (unless otherwise indicated, for every kind of regional protection available): ARIPO (BW, GH, GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HU, IE, IT, LU, MC, NL, PL, PT, RO, SE, SI,

Published:

— with international search report

For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations", appearing at the beginning of each regular issue of the PCT Gazette.